

THE MASTERPIECE MEDITATION WORKSHOPS



According to TIME Magazine more than 15 million people regularly practise meditation in the United States alone (Jan 16, 2006, health & medicine article). More and more innovative business people and academics are incorporating meditation into business activities and leadership curriculums. There are clear competitive advantages from the positive health benefits and reduced stress that meditation can create. Alumni from INSEAD's Business School in France ("Leading Your Self" - Executive Education program) and the Harvard Business School say that Meditation is THE corporate tool of this century.

WHAT ARE THE BENEFITS OF MEDITATION?

- » Enhanced decision making
- » Improved relationships at home and work
- » Build concentration and listening skills
- » Increased peace of mind

What will I get from each session?

- Learn meditation and creative visualisation
- Deepen my experience and skills
- Integrate my experience into every day life
- Identify successful strategies for long term sustainable improvement
- Practical and simple instructions and a personal manual
- CD of meditation commentaries for ongoing practice

Session format

- Each session is 1½ hours, once a week
- Interactive dialogue process
- Meditation exercises
- Self Assessment Tool to measure understanding and self progress
- Follow up sessions by arrangement, either one on one coaching or small group format

Cost: Designed to meet client capacity and budget (there is a maximum of 12 people per workshop)

Overview of Experiencing Meditation workshop content

- What is meditation and how to use it in a practical way to reduce stress
- How to use my thoughts to experience a peaceful and positive state of mind
- Breathing and stretching exercises to complement my practice
- How to apply meditation in my personal and professional life
- How to know that my experience is really meditation
- Health and nutrition innovations
- Setting up a place to meditate at home



MICHAEL TIMMINS - Program Facilitator

Michael has a calm and powerful personal presence. He is a student and teacher of meditation for more than 30 years. Michael facilitates and hosts meditation retreats in Australia and India. He has worked in sales training and in financial markets sales and distribution with major international banks in Sydney, Hong Kong, Shanghai, Tokyo, Singapore, Mumbai and New York. Michael is a fellow of the Financial Services Institute of Australasia from which he holds a Diploma in Financial Markets, and a member of the Australian Institute of Training and Development.

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